



Nepal: The Annapurna Sanctuary

November 14-27, 2010 (14 days)

A trek to the Annapurna Sanctuary, in the heart of the Annapurna Himal, is simply spectacular, traversing a variety of terrain that showcases the full spectrum of Nepal's beautiful scenery. This ten-day trek takes you through dense bamboo jungles, magnificent stands of rhododendrons, and timeless lowland villages of the Gurung and Tamang clans to the glaciers and high mountains above treeline. Once at the Sanctuary, you'll have breathtaking 360-degree views of the highest peaks of the western Annapurna Himal. While here you'll also have the chance to take an optional walk to Annapurna South Base Camp (13,435') below the soaring, near-vertical south face of Annapurna. This trek is a great opportunity to get into the heart of the Nepal Himalaya but without the altitude problems of the Everest region.

TRIP DETAILS Strenuous ▶ 10 days moderate to strenuous hiking at medium elevation (max. 13,435'); 9 nights camping, 4 nights hotels

ITINERARY

(You will need to leave the U.S. on Nov. 12 or 13 in order to arrive in Kathmandu on Nov. 14.)

Day 1, Nov. 14 ▶ Arrive In Kathmandu, Nepal

Arrive in Kathmandu by mid-afternoon on Day 1 (plan on arriving by 2:00pm). Your trip leader or a Cattara representative will meet you outside the customs and immigration area at the airport. He or she will escort you to the centrally located Shangri La Hotel, a 15-minute walk to the Royal Palace and the bustling Thamel market. Besides a nice garden area the hotel also has a good restaurant and several shops. Later in the afternoon, there will be a briefing on the trek arrangements. This evening, you'll enjoy a "Welcome" dinner with the group.

D...Shangri La Hotel

Day 2, Nov. 15 ▶ Explore Kathmandu

Morning tour of some of Kathmandu's remarkable temples and religious monuments. In the afternoon you can explore Kathmandu at your leisure. Your guide, Cathy Ann, will be happy to give you information on places to visit.

B...Shangri La Hotel

Day 3, Nov. 16 ▶ Begin trek

After breakfast, we'll transfer to the airport and take a scenic flight to Pokhara (2,800'), located about 100 miles west of Kathmandu. Upon arrival, we'll drive to the trailhead, have lunch and then take a short hike to Dhampus (5,182'). (2½ - 3 hours hiking.)

B,L,D...Camp

Note—the following trek itinerary serves as a guideline and camps may vary depending on conditions at the time and the decision of the leader and the trek sirdar.

Day 4, Nov. 17 ▶ Shiuli (New Bridge—4,395')

Our trek begins in earnest today. Beyond Dhampus we get our first spectacular views of the mountains ahead, including Annapurna South and Hiunchuli. Climb up to a hill at 6,593', passing the village of Pothana (6,137'), then descend to the Modi Khola. Then it's another ascent to the main Modi Khola Valley, and we hike past the Gurung village of Landrung and up the valley to Shiuli. (7 hours hiking.)

B,L,D...Camp

Day 5, Nov. 18 ▶ Chomrong (6,759')

Another day of ups and downs as we cross a suspension bridge and hike up through a bamboo forest, then descend to Kimrong Khola. Continue climbing up to Jhinhudanda and Taulung before a final descent to Chomrong with ever-present views of Macchapuchare. Time permitting, we may visit the hot springs at Jhinhu. (5 hours hiking.)

B,L,D...Camp

CATTARA

PO Box 1366 ~ Sausalito, CA 94966
Phone/Fax (415) 331-9539 ~ cathyann@cattara.com

Day 6, Nov. 19 ▶ Doban (8,628')

Our trek continues high above the Modi Khola to reach Kuldi Ghar. We then descend to “Bamboo,” an area of lush bamboo and rhododendron forests in the Modhi Khola Valley. Continue uphill to reach Doban. (4-5 hours hiking.)

B,L,D...Camp

Day 7, Nov. 20 ▶ Macchapuchare Base Camp, “Annapurna Sanctuary” (12,204')

From Doban we climb steeply, but with occasional drops down to cross tributary streams. We cross an avalanche area just beyond Hinko and keep on climbing. The entrance to the sanctuary may be seen ahead, and soon reached at about 11,700 feet. We enter the sanctuary, following a narrow trail in an avalanche area. (Note—the lush forest we traverse during the approach to the Sanctuary can be slippery in places and there is some exposure toward Hinko.) Once we get to camp and have a chance to settle in, we can spend some time exploring the surrounding area. (4-5 hours hiking.)

B,L,D...Camp

Day 8, Nov. 21 ▶ Optional walk to Annapurna South Base Camp

We spend most of the day around the sanctuary, reveling in the mountain and glacier views, and can take a walk to Annapurna South Base Camp (13,435'). Return to Macchapuchare Base Camp. (2-hour hike to Annapurna Base Camp.)

B,L,D...Camp

Day 9, Nov. 22 ▶ Doban (8,628')

We'll have a pre-dawn wake-up call to catch the sunrise on the surrounding peaks. Then we begin our trek back to Doban. (5 hours hiking.)

B,L,D...Camp

Day 10, Nov. 23 ▶ Chomrong (6,759')

Continue down through forests and fields to the village of Chomrong. (5 hours hiking.)

B,L,D...Camp

Day 11, Nov. 24 ▶ Ghandrung (6,000')

Retrace our steps to Taulung and descend to Kyumno village. As we climb up a ridge we have spectacular views of Annapurna South, Hiunchuli, Macchapuchare, and Annapurna III. Descend to the village of Ghandrung with its neatly terraced fields. (4 hours hiking.)

B,L,D...Camp

Day 12, Nov. 25 ▶ Pokhara (2,800')

Descend a long and steep set of stone stairs (typical of the region) to the Modi Khola. Continue along the river to the village of Birethanti and then to Naya Pul (bridge). Here our vehicles will meet us and transport us back to Pokhara. (5-6 hours hiking.)

B,L,D...Shangri La Village

CATTARA

PO Box 1366 ~ Sausalito, CA 94966
Phone/Fax (415) 331-9539 ~ cathyann@cattara.com

Day 13, Nov. 26 ▶ Return to Kathmandu

Fly to Kathmandu and transfer to the hotel. The afternoon is free to rest or do some last minute shopping. On tonight's agenda—a festive farewell dinner with the group!

B,D...Shangri La Hotel

Day 14, Nov. 27 ▶ Fly home

Transfer to the airport and depart on homeward-bound flights.

B...

LAND COST

\$3,395 per person (10-12 members)

\$3,595 per person (5-9 members)

\$200 internal airfare (Kathmandu-Pokhara-Kathmandu). Subject to change due to increases in fuel costs. Cattara will book and issue these tickets for you.)

*Should you choose to pay with credit card there will be a service charge of 3%, the fee we incur from the bank.

Rates quoted are per person, based on sharing double accommodations at the Shangri La Hotel. Extra night's accommodation in Kathmandu in the deluxe wing of the Shangri La Hotel is an additional \$150 per person.

Single Supplement—\$570; \$350 for forced singles. If you prefer single accommodations, you must pay the Single Supplement Fee. If you wish to share accommodations, we'll try to match you up with a roommate. If that's not possible, you must pay the forced single supplement fee.

LAND COST INCLUDES...

- Expert leadership of Cathy Ann Taylor
- Accommodations in hotel in Kathmandu & Pokhara
- All trek arrangements, including tents, foam sleeping pads, community camping and commissary equipment, services of camp and commissary crew, including camp and cook staff
- Meals as noted (B=Breakfast, L=Lunch, D=Dinner)
- Airport transfers
- Sightseeing as noted in the itinerary
- Additional guides and porters where necessary
- Trek Permits

LAND COST DOES NOT INCLUDE...

International airfare to Kathmandu and return; internal air within Nepal; meals not noted on itinerary; accommodations en route to Nepal (depending on airline, you will need to overnight in Delhi or Bangkok en route to Kathmandu); trip insurance (we strongly recommend you purchase the optional trip insurance offered by Cattara, which includes trip cancellation insurance); optional

CATTARA

PO Box 1366 ~ Sausalito, CA 94966
Phone/Fax (415) 331-9539 ~ cathyann@cattara.com

tipping to leader, guides and local staff; excess baggage charges; visas; airport taxes (there is an international departure tax of 1,650 rupees—US\$26, payable in Nepalese currency; the airport departure tax in Bangkok is 700 baht—about US\$21—if it not already included in your air ticket(most airlines now include the taxes); there is no departure tax in India if you are in transit only); cost of medical immunizations; and items of a personal nature (sodas, alcoholic beverages, laundry, etc.).

TRIP PAYMENT SCHEDULE

At time of reservation 25% of land cost
120 days prior to departure25% of land cost
90 days prior to departure.....Balance

CANCELLATION FEE SCHEDULE

From time of reservation
until 90 days prior to departure25% of land cost
89-60 days prior to departure50% of land cost
59 days of fewer prior to departure.....100% of land cost

EXPERT LEADERSHIP

Expert leadership is the key to every successful trip. Cattara attracts knowledgeable and gifted leaders who are passionate about guiding trips and truly enjoy sharing the experience with others. They understand the cultures and traditions they work in and are a fountain of information. In addition to making sure everything runs smoothly and safely, Cattara guides enhance your experience by being educators, companions, and the best of friends.

Cathy Ann Taylor, a high altitude trekking guide for the last 20 years, will be leading this trek. She's trekked all over Nepal, Tibet, and Bhutan, with well over 150 trips in the Himalayas (she still considers the Himalayas her “second home”)! A devout hiker and mountain biker, she leaves no trail undiscovered, and her passion for the mountains, caring nature, and boundless energy are renowned. Her experience, knowledge, positive attitude (she can find the good in anything!), and her wonderful rapport with the local staff will enhance your experience. With the help of caring and like-minded individuals she has been able to manage the sponsorship of eight remote village children, all of whom are in boarding school and one who is about to graduate from University in Australia. She consistently gets rave reviews from members of her groups and has quite a following. Cathy Ann is active in the Breast Cancer Fund and has participated in ten expeditions, including Mount McKinley, Cho Oyu, Mount Fuji, Mount Shasta, and Mount Rainier, which helped increase awareness of breast cancer (she alone has raised nearly \$350,000 for the cause!). She has also reached the summit of Ama Dablam (22,500') in Nepal and Argentina's Aconcagua (22,834'), the highest peak in South America. Cathy Ann received an honorable mention in *Hooked on the Outdoors* magazine's Outdoor Person of the Year Awards, January 2006, and also received a letter of recognition for her fundraising and environmental work from Speaker of the House, Nancy Pelosi.

PHYSICAL EXPECTATIONS

This trip is somewhat challenging and is designed for those who are fit and experienced in the outdoors. We expect you to be a strong, experienced hiker and in great physical condition. You can expect to hike five to seven hours a day, up and down mountain trails that are steep and rocky (there are many ascents and descents), with some elevations above 11,000 feet (highest reached is 13,435'). The lush forest during the approach to the Sanctuary can be slippery in places. There is some exposure toward the Hinko Cave and just before the Sanctuary when we cross two avalanche areas.

Although porters or pack animals will carry all gear and camp supplies, leaving you free to carry only a light daypack, hiking at higher altitudes can be very physically taxing and may create discomfort. You may experience symptoms of illness that you do not experience while exercising at sea level, such as shortness of breath, restlessness or sleeplessness at night, and headaches.

For physical preparation, we strongly suggest regular cardiovascular exercise for at least one hour 4-5 times a week. We recommend stair climbing, running, and mountain biking on hills, or elliptical or treadmill training in the gym with 10-15 pound daypacks. This gets the heart rate going, which will be very beneficial for the type of high altitude trekking you will be undertaking.

LIFE ON THE TRAIL

Your trekking day typically starts at 6:30 a.m., when the camp staff will bring you “bed tea” to start the day, along with a large bowl of hot water for washing. (Bring along a washcloth and you can have a full sponge bath in the privacy of your tent!) After packing your bags, you’ll enjoy a hearty breakfast of porridge, eggs, and toast. By 8:00 or 8:30 you're off on the trail.

The morning’s hike takes you through villages, forests, and up and down green hills and valleys or along rocky mountain trails. You’ll have time to visit local teashops, stop for a view or a photo, and exchange a smile or greeting (Namaste!) with the friendly Nepali people who share the trail. A hot trailside lunch breaks up the day, giving you time to rest and refuel before heading out on the trail for the afternoon hike.

You arrive in camp by 4:00 p.m. and have time to wash up and get settled in your tent before enjoying tea and snacks in the dining tent. While waiting for dinner, you can write in your journal, read a book, play cards, or simply relax. The day ends with a hot, multi-course dinner, which often includes ethnic cuisine as well as American favorites. After dinner you can gaze at the stars (incredible viewing in this part of the world) and the moonlit peaks, go over the events of the day, or retire to your tent to read for a while before heading off to sleep.

TRAVEL DOCUMENTS

In addition to a passport, valid for at least six months beyond the date of completion of the trip, you will need a visa for Nepal. You can get it upon arrival at the airport in Kathmandu, but we recommend you obtain one in advance. (We recommend Zierer Visa Service—1-866-788-1100 or www.zvs.com.) If you prefer to get your visa on arrival in Kathmandu, you’ll need one passport photo and \$40 cash (US dollars are accepted, please have exact

CATTARA

PO Box 1366 ~ Sausalito, CA 94966
Phone/Fax (415) 331-9539 ~ cathyann@cattara.com

change). You may have to wait in a longer line if you arrive without a visa, but it's less expensive than using a visa service.

If you plan to travel to Kathmandu via Thailand, you don't need a Thai visa. U.S. citizens don't need visas for visits to Thailand of up to 30 days. If you plan to travel to and from Kathmandu via India, you will need to get a multiple-entry Indian visa in advance. Indian visas *cannot* be obtained upon arrival in India. Contact Zierer Visa Service for more information.

The Trekking Agents Association of Nepal, with government approval, has introduced Trekker's Registration Cards; you will need to bring two passport photos for this permit.

Note—Make a photocopy of the photo page of your passport and carry it separately from your passport. If your passport is lost or stolen, a photocopy will help the local consulate speed up authorization for replacement. Also bring several spare passport photos—they're handy in case of unexpected visa or permit requirements.

Note—Most countries requiring visas require a completely blank page on which to stamp the visa, so your passport should contain at least one blank page for each country you plan to visit.

AIR TRAVEL

Airfare is not included in the land cost of the trip. For air reservations, please contact the airlines directly, either by phone or via the Internet. Plan your arrival in Kathmandu by the early afternoon of Day 1 (Nov. 14). Many travelers elect to use their "frequent flyer" miles when traveling, but please check with us before purchasing or obtaining your tickets. We need to verify your arrival and departure schedule and ensure we have enough participants to operate the trip. Note—Names on air tickets and passports must match!

MEDICAL MATTERS

No vaccinations are currently required to enter Nepal, but immunizations for typhoid, tetanus, hepatitis A, and polio are *recommended*. These regulations and recommendations change frequently, so please check with your local health department or the CDC for more information (www.cdc.gov). In addition, the CDC sometimes recommends meningococcal meningitis vaccine for travelers to Nepal and Delhi, India, if there has been a recent outbreak. Confer with your physician for further advice.

Please advise us of any pre-existing medical conditions that may affect your health on the trek (recent injuries or surgeries, chronic illnesses, etc.). Hospital facilities for serious medical emergencies may be far away and evacuation can be difficult (and expensive).

To avoid intestinal problems while on the trip, do not drink tap water or even use it to brush your teeth. In Kathmandu, drink bottled water only. While on trek, the camp staff will provide boiled water for daily use. You must be careful when eating out in Kathmandu, too. That said, there are many wonderful restaurants and your trip leader will recommend a few to you. She will also give you more guidelines on staying healthy while in Nepal.

We recommend you bring your own personal first-aid kit, which should include antibiotics (Cipro or other), painkillers, and allergy medicines if you are prone to allergic reactions. The trip leader will also carry a basic kit for emergencies, but will not have any prescription medications.

MONEY MATTERS

You should bring enough money for any souvenirs you may buy, plus a few meals that are not included in the cost of the trip (e.g. various meals in Kathmandu, or meals and accommodation en route to Nepal). Depending on how much of a shopper you are, \$500-\$600 is usually enough for incidentals and souvenirs. You should bring an additional amount for optional gratuities to the trip leader, local trekking staff and local sightseeing guide and driver. (At least US \$250 is recommended for the trip leader; \$150 toward a group tip for the trekking staff; \$10 for your sightseeing guide and \$7 for your driver, preferably paid in local currency, as traveler's checks are impossible for the trekking staff to exchange.)

Bring some of your money in traveler's checks and some in cash. There is an American Express office just off Durbar Marg. Bring along your credit card in case of emergencies. Credit cards are also becoming more accepted in some the small shops of Thamel. There are now ATM machines throughout Kathmandu. You can also use your ATM card at the airport in Bangkok. The local currency in Nepal is the *rupee*.

WEATHER & CLIMATE

Spring and fall are the best trekking seasons in Nepal. In the Annapurna region in October and November, temperatures are relatively moderate and skies are usually clear. Daytime temperatures at altitudes of around 10,000 to 14,000 feet can range between 40° - 70° F, while at night temperatures can drop to between 10° and 35°F. Rain or snow is possible. At the lower altitudes daytime temperatures will likely be between 50° -75° F, while at night temperatures can be between 30° and 45°F.

INCIDENTALS

Laundry: Laundry service is available at the hotel in Kathmandu. While on trek, washbasins are available for any laundry you may want to do yourself, but it's usually too cold for garments to dry very quickly. Synthetic fabrics are the easiest to wash, and they dry quickly. Please make sure you bring biodegradable soap.

Electricity: Nepal is on the 220V system. Sockets are usually the three-pin variety, but they vary. If you are planning to use something like a hairdryer or electric shaver at the hotel (a hairdryer is provided at the Shangri La Hotel), bring a converter and a selection of plug adapters (you can buy these in drugstores or travel specialty stores in the U.S.).

Time Zones: Nepal is Greenwich Mean Time plus five hours and 45 minutes. That means if it's 8:00pm in Kathmandu, it's 9:15am in New York and 6:15am in California.

CATTARA

PO Box 1366 ~ Sausalito, CA 94966
Phone/Fax (415) 331-9539 ~ cathyann@cattara.com

Environmental Responsibility: We ask you to carry out whatever you carry in, including non-biodegradable items such as batteries, flashlight bulbs, empty film canisters, empty plastic containers, and so on. Nepal does not have the proper facilities to process this kind of waste and your throwaways will end up in the river or tossed down a hillside.

SHOPPING

Kathmandu is a fun place to shop—street vendors and emporiums are everywhere you look. Craft items to buy include beautiful hand-woven Tibetan carpets, traditional brass cooking vessels, semi-precious gemstones, Tibetan prayer wheels, and *thangka* paintings. The markets of Kathmandu also serve as an outlet for items from Bhutan and Tibet. You'll need to sharpen your bargaining skills to get the best deal.

CULTURAL TIP

We discourage the handing out of pens, candy, and other gifts directly to children on our trips, as this helps develop a beggar mentality. You will be chased down the trails by children screaming “give me pen”, “give me bon bon”, this is sad. Generally, a warm smile, stopping to chat or taking photos with your digital camera and then showing the photos to the children are the best gifts you can give. Postcards or photos of the places you live, your family and friends are always of great interest to local people. Packets of notebooks, reading materials, pencils or crayons can also be donated to local schools for communal use.

WHAT TO BRING: CLOTHING & EQUIPMENT LIST

Packing Notes

It's best to go as light as possible and take only the essentials. Excess baggage can be a burden, not only to you but to support personnel.

Your trekking duffel must not weigh more than **30 lbs.**, because a porter or pack animal will carry it. This includes all items you will need while on trek as well as your sleeping bag. We suggest you bring an additional small duffel to store non-trek clothes and items at the hotel in Kathmandu.

In addition, there are baggage weight restrictions in the small planes used for domestic flights in Nepal. Overweight baggage is *not* accepted on these flights even if you are willing to pay excess baggage charges.

Luggage

- Duffel bag. A good size is about 14" x 15" x 36" (7,560 cu. in)—large enough to hold your sleeping bag plus your trekking clothes and gear. It should have a full-length zipper (for easy access), and be sturdy and water-resistant or waterproof.

- Daypack with a capacity of 2,000 to 2,500 cubic inches, with a good padded waist belt. It can double as your carryon bag. Always bring all irreplaceable items, such as camera, medications, important documentation, and trekking boots in your carryon luggage.
- Spare roll-up duffel. This is essential if you wish to store your city clothes while on the trek and to bring home those great souvenirs! It should be lockable.

Clothing Notes

Bring comfortable clothing that will protect you from cold and wet weather. Synthetic fabrics (such as polypropylene, capilene, or pile) are the most effective barriers against the cold. They provide the best insulation, are light in weight, wick away perspiration, and dry quickly if wet. Wool and wool/synthetics are also suitable. (Cotton garments are not good in cold or wet mountain conditions.)

Layering is the way to go. Your innermost layer should be long underwear. The middle layer can be a synthetic turtleneck or wool shirt, and pants. The outermost layer should be a synthetic or down jacket, and/or a good quality Gore-Tex wind/rain parka and over-pants.

We suggest women trek in comfortable, loose-fitting long pants. It is culturally insensitive to wear skin-tight pants or skimpy shorts and “sports bra” tops. The same goes for men—please do not go bare-chested or wear running shorts. Long, baggy hiking-type shorts for men are acceptable on the trek.

We haven’t included quantities for each item listed. Use your own judgment, based on the expected weather conditions, your personal needs, and the overall weight restrictions for your luggage.

Underwear

- Regular underwear. Synthetics are easier to wash and dry.
- Thermal underwear (one lightweight, one medium-weight), top and bottoms, of a polyester-type fabric. Wool and wool/synthetic blends are also suitable. You can use them to sleep at night and as layers for maximum warmth.

Socks

We recommend you bring about three outer pairs and three inner pairs of socks.

- Athletic socks (synthetic for easy washing and drying) that are suitable for your walking (not hiking) shoes. You can store them in your extra duffel while on trek.
- Medium weight hiking socks (synthetic or wool/synthetic).
- Synthetic or silk sock liners--optional. Some people wear sock liners to help prevent blisters, and some wear the same pair of hiking socks for three days in a row and achieve the same result.

Shirts

- Long-sleeved, synthetic or wool shirt.
- Short-sleeved synthetic T-shirts.

Pants

- Full-length pants, preferably of quick-drying synthetic fabric.
- Fleece pants, ideal for camp time or layering for warmth.

Outerwear

- Medium-weight jacket of synthetic fabric, such as pile or fleece.
- Medium-weight down or synthetic-fill jacket (10-12 oz. of down or 15-20 oz. of fiberfill). A must for camp.
- Rain/wind parka (must fit over bulky clothing).
- Rain/wind pants, preferably with full-length side zipper (must fit over your other pants).
- Gloves or mittens (fleece).
- Glove liners (polypro or capilene).

Head Gear

- Sun hat with wide brim, preferably with a chin strap to keep it from blowing off, or baseball cap.
- Fleece or wool hat.
- Bandanna. A generally useful item—it will keep your neck from getting sunburned and can double as a hand towel in the field.

Footwear

Please break new boots in well before the trip.

- Medium-weight, all leather hiking boots with padded ankle, good arch support, and lug sole for traction. Your hiking boots should be waterproofed, well broken in, and suitable for prolonged walking on snow and/or rocks.
- Lightweight gaiters to keep pebbles and scree (and sometimes snow) out of your boots.
- Down booties to wear in camp—optional. They are warm, light, and easy to get on and off or
- Teva-type sandals, or flip-flops—optional. For around camp at lower altitudes or
- Tennis shoes or comfortable walking shoes to wear in camp or in Kathmandu.

Sleeping Gear

- Medium-weight sleeping bag. We recommend a rating of -5° to 10° F.
- We provide thick foam sleeping pads, but for added comfort, you may wish to bring your own lightweight pad.

Other Items

- Water bottles, 1 or 1.5 quart capacity. Make sure they are leak-proof, heavy-duty, **wide mouthed**. Bring 2 and mark them with your name or initials as several people may have the same bottle. **Note—CamelBaks or other bladder hydration systems are not recommended, as they often break or leak, are difficult to fill with boiled water, and are hard to keep clean.**

CATTARA

PO Box 1366 ~ Sausalito, CA 94966
Phone/Fax (415) 331-9539 ~ cathyann@cattara.com

- Hiking sticks—highly recommended. They help relieve the impact on your knees during long downhills; they are also useful on uphills. Practice with them before the trip.
- Set of casual city clothes that are dressier than your trekking clothes. You will store these in your extra duffel while you are on trek.
- Toiletry kit—biodegradable soap, toothbrush, etc. Women should bring any feminine products they need because they're not readily available locally.
- Roll of toilet paper. Toilet paper is provided at camp, but you need to carry your own on trek during the day.
- Purell hand sanitizer for quick hand washing and hygiene (a must!).
- Personal medical kit.
- Throat lozenges (antiseptic menthol or hard candies), about 30 of them. Good for soothing sore or dry throats at altitude.
- Body lotion for dry skin at higher altitudes.
- Small towel of synthetic-type fabric.
- Sponge or washcloth to wash up at camp.
- Ace bandage or brace if you're prone to sore knees or ankles.
- Sunglasses (100% UVA/URB protected). For higher altitudes, it's good to have glasses with a special dark lens and side shields that block reflected UV.
- Spare pair of prescription glasses, prescription sunglasses, or contact lenses.
- Sunscreen lotion and lipstick of SPF 25 or higher.
- Small headlamp with spare batteries.
- Trash bags to waterproof and sort out clothes and other items in your duffel. Ziploc bags are great for small items and camera gear; nylon stuff sacks are also handy.
- Heavyweight plastic garbage bag to use as a waterproofing liner inside your duffel and daypack.
- Small padlocks or combination locks for your duffels.
- Extra passport photos. Keep them with your travel documents as you may need them throughout your journey.
- Swiss Army-type pocket knife.
- Money belt or neck pouch to store cash.

Optional Travel Accessories

- Camera, memory cards, and extra batteries.
- Repair kit with needle, thread, and safety pins.
- Pair of compact binoculars.
- Electrolyte mixes for your water.
- Your favorite trail snacks or candy.
- Reading and writing material.
- Playing cards.

©2010, Cattara